



# CHRISTIAN SCIENCE Sentinel

What I say unto you I say unto all, watch. — Jesus

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## We know what we know

Mary Alice Rose

A decades-long student of Christian Science called a Christian Science practitioner for prayer regarding a physical problem. During the conversation, the caller said he couldn't remember ever having had a physical healing in Christian Science. But the practitioner reminded the caller that she had heard him at numerous weekly testimony meetings in their branch Church of Christ, Scientist, relate beautiful, clear-cut healings he'd had.

Have you ever found yourself in a similar position, trying to remember a time when you'd had a spiritual victory, even questioning whether you know how to pray in a moment of need or feeling confused about your commitment to Christian Science? If so, you are not alone.

How could clear spiritual insight, the certainty of God's presence and power, recede from view, until we become confused or simply forget what was once solid conviction? It's what Mary Baker Eddy termed *aggressive mental suggestion*, coming from what the Apostle Paul called *the carnal mind*. It's the belief in a power apart from God, Spirit—from the divine Mind, which is all-knowing and all-encompassing.

There is a By-Law in the *Manual of The Mother Church* by Mrs. Eddy that speaks to this, saying in part, "It shall be the duty of every member of this Church to defend himself daily against aggressive mental suggestion, and not be made to forget nor to neglect his duty to God, to his Leader, and to mankind" (p. 42).

Mrs. Eddy, the Leader of the Christian Science movement, wouldn't have required this of Christian Scientists unless it could be done. In truth, aggressive mental suggestion has no power. It is exactly what the term implies, a mere suggestion in thought, which we either accept or reject.

One of our most important duties is to recognize when we're being duped and then to affirm, *insist*, that we know what we know—spiritual insights, lessons learned, decisive healings—and that we cannot be made to unknow it. We *cannot* be made to forget what we have learned and demonstrated of God. Our ability to remember is spiritually established because we are the complete reflection of God, the all-knowing Mind. This clarity and acknowledgment buoy our trust and faith in, expectation of, and reliance on ever-present, omnipotent Mind.

What may feel like a discouraging struggle to become conscious of God's presence sometimes leads to self-condemnation. But the temptation to forget is not personal, even if it feels that way. An impersonal tactic of the carnal mind is to masquerade as our own thought, making us think we are not under God's government. We can stand up to that false claim by recognizing our true selfhood as the clear-thinking spiritual idea of divine Mind that each of us truly is. In reality, it is not possible for us to forget anything needed for progress and healing, especially what we know about God.

Moses cautioned the Israelites: "Beware lest thou forget the Lord, which brought thee forth out of the land of Egypt, from the house of bondage. . . . Ye shall not go after other gods, of the gods of the people which are round about you" (Deuteronomy 6:12, 14).

Their failure to remain alert to this warning got the Israelites into trouble. They repeatedly allowed themselves to be mesmerized into worshipping false gods. When this led to war, heartache, or hardship, someone who was spiritually awake would remind them to turn again to the power of omnipotent Spirit. And doing so saved them. Out of relief and gratitude, they would reform for a time—and then become complacent and again forget.

The lessons of this sad pattern are applicable today. The "gods of the people" represent anything—such as the drama of financial troubles, a health problem, or geopolitical unrest—that would tempt us to believe we are separated from God and beholden to matter and physicality for life, happiness, and health. We must

remember that we are beholden to God, good, alone, and that relying on omnipotent Spirit does save us.

We are helped through Christ, the spirit of God that Jesus manifested. Mrs. Eddy wrote, “The Christ is incorporeal, spiritual,—yea, the divine image and likeness, dispelling the illusions of the senses; the Way, the Truth, and the Life, healing the sick and casting out evils, destroying sin, disease, and death” (*Science and Health with Key to the Scriptures*, p. 332). Christ is the only valid influence in human consciousness. Christ lifts us above the fray of materiality and confusion into the clear light of reality in Spirit. Jesus is humanity’s ultimate example of what is possible through Christ.

By applying today the ever-relevant lessons of the Bible, we will understand and demonstrate that we do know what we know and cannot be made to forget our spiritual conviction and victories, as they propel us toward further progress in Christian Science healing. Let’s join the psalmist in singing, “I will remember the works of the Lord: surely I will remember thy wonders of old. I will meditate also of all thy work, and talk of thy doings. . . . Who is so great a God as our God?” (Psalms 77:11–13).

**Mary Alice Rose, Member of the  
Christian Science Board of Directors**

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## God’s gift of healing is for everyone

*Christian Science—and by extension, spiritual healing—is available to everyone to receive and to practice.*

*Madora Kibbe*

**What is spiritual healing?** Is it a special power that only a few possess? No, it is the inevitable result of yielding to God’s goodness, grace, power, and love. Just as the earth rotating on its axis toward the sun causes

us to experience the “rising” of the sun, our turning toward, not away from, God, brings healing—for us and for those we are praying for, whether individuals, our communities, or the world.

So what is spiritual healing? Pardon the rhyme, but healing is a revealing of what is actually true about you, me, and everyone. Right here, right now.

The last chapter of the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, is called “Fruitage” and includes more than eighty verified accounts of healing all kinds of problems: health, relationship, financial, and more. How did these healings happen? Through reading *Science and Health*, sometimes more than once, often with an earnest desire for healing or to know God or understand the Bible better, and occasionally just out of curiosity. (One reader just wanted to be able to dispute the teachings of Christian Science, but actually became a firm adherent after being healed by reading the book!) No mediators were needed; Eddy dedicated her book simply to honest seekers for Truth—like herself.

Eddy once told a student of hers about healing a little boy of a serious internal condition. Within thirty minutes of her arrival at the family’s home, she had also healed the boy’s father, who was bedridden because of rheumatism, and the boy’s sister, who was deaf. This prompted the student to ask Eddy, “‘When will we be able to do work like that?’ Looking off in the distance, Mrs. Eddy replied, ‘It is Love that heals, only Love!’ The student . . . repeated the question, ‘But when will we be able to do such work?’ This time her teacher looked directly at her and said quietly, ‘When you believe what you say. I believe every statement of Truth that I make’” (Yvonne Caché von Fettweis and Robert Townsend Warneck, *Mary Baker Eddy: Christian Healer*, Amplified Edition, p. 101).

One misconception about Christian Science is that some people can practice it and some can’t. One source of this misconception is the belief that Christian Science is something Eddy invented. Not true. Eddy *discovered* Christian Science; she didn’t *create* it. She said of this Science of the Christ: “Whoever would demonstrate the healing of Christian Science must abide strictly by

its rules, heed every statement, and advance from the rudiments laid down. There is nothing difficult nor toilsome in this task, when the way is pointed out; but self-denial, sincerity, Christianity, and persistence alone win the prize, as they usually do in every department of life" (*Science and Health*, p. 462).

So, clearly, anyone can practice the teachings of Christian Science—can heal and be healed by applying the rules laid out in its textbooks, the Bible and *Science and Health*. Healing has nothing to do with personality, age, education, or occupation. Healing results from beholding ourselves and others as the purely spiritual creation of God, divine Spirit—as “the perfect man” that we each truly are—just as Jesus did. Eddy writes, “In this perfect man the Saviour saw God’s own likeness, and this correct view of man healed the sick” (*Science and Health*, p. 477).

Eddy reiterated the accessibility and power of Christian healing throughout her writings and teachings. According to one student of Eddy’s, when someone asked her how they’d been able to heal a physical problem for a patient when they’d felt “helpless” about doing so, Eddy replied, “Through that helplessness you let Truth in, and it was Christian Science which healed the case, not your own exertion” (*We Knew Mary Baker Eddy*, Expanded Edition, Vol. II, p. 126).

That’s very good news for all of us, isn’t it?

Christ Jesus expected his followers to heal. In fact, he expected them to do even “greater works” than he did (see John 14:12), and by the same means Eddy described to her students—by understanding and believing what they had been taught.

Believing isn’t hard. It may sometimes seem to be. But *believing* as defined in Christian Science isn’t about human reasoning or human will but about “firmness and constancy; not a faltering nor a blind faith, but the perception of spiritual Truth” (*Science and Health*, p. 582).

A gift isn’t something we have to earn. A gift is given freely. And the divine gift of healing is grace, which is available to all. To believe otherwise, to think that healing is something that only some people can do, is not just a misconception, but misses the

larger point that Christian Science—and by extension, spiritual healing—is available to everyone to receive, understand, and practice. Churches of Christ, Scientist, don’t have signs that say, “*Some* are welcome”; Christian Science and Christian Science healing say to the world, “*All* are welcome.”

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## LOVING THE SCRIPTURES

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# Healing at the pool of Bethesda

**Many of Christ Jesus’** healings occurred in public places. One happened at a popular site for ritual bathing in Jerusalem—the pool of Bethesda. It was known for an unpredictable stirring of the water supposed to bring healing, and crowds of sick and injured people waited by the pool for this miraculous event. But there was a catch: Only the first person to step in at that moment could be cured.

When Jesus arrived at the pool, the atmosphere of hope—and hopelessness—must have been palpable. Though just a small portion of invalids had been healed, many held on to the chance that they could be next. Others, like the disabled man Jesus approached, must have felt overwhelming despair.

The Master asked this man one question: “Do you want to be healed?” Of course he did—but to him, healing was impossible. Jesus cut through this mistaken perception with a command: “Pick up your mat and walk!” (John 5:6, 8, Contemporary English Version). Healing was immediate and complete.

Can long-term illness be cured today? Spiritual healer Mary Baker Eddy counsels, “Less teaching and good healing is to-day the acme of ‘well done;’ a healing that is not guesswork—chronic recovery ebbing and flowing—but instantaneous cure” (*Miscellaneous Writings 1883–1896*, p. 355). One such healing is described in Mrs. Eddy’s *Science and Health with Key to the Scriptures*, pp.

600–601. And thousands of others are recorded in this magazine, in *The Christian Science Journal*, and in *The Herald of Christian Science*. No condition is beyond God’s power and love.

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For more on this topic, see “When there seems no reason to hope” by Bill Moody.

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DAILY PRACTICE

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## Your healing ministry

*Our healing work is always right in front of us.*

*Chris Wye*

**Many years ago**, as I was doing my morning study of the weekly Bible Lesson from the *Christian Science Quarterly*, it occurred to me that maybe I had missed something important about Jesus’ ministry—not so much the things he said or the healings he accomplished but where those healing opportunities occurred. Mostly, it seemed to me, they were right in front of him as he was walking somewhere or engaged in some other business.

I thought that maybe this, like so many other aspects of the Master’s life, was a message for his followers that the healing work is always right in front of us. The more I thought about this, the more true it seemed. Where else would our healing work be?

Based on this thinking, I came to refer to my spiritual path as my healing ministry. Walking in this path gave me opportunities to bless others as well as everything I needed for my own spiritual progress.

Now, looking back over half a century of practicing Christian Science, I see clearly how beautifully our Father-Mother God was leading me to see my life as a ministry, where, following the example of the Master, I would always find healing work right in front of me. The following is one example among many.

I was assigned an executive assistant reputed to have a very unpleasant disposition. I decided from the outset to see her through the lens of divine Science as the perfect image and likeness of God and to sincerely follow the second “great” commandment cited as such by Jesus: to “love thy neighbour as thyself” (Matthew 22:39).

In her previous position, my assistant had seemed to have a particular dislike of me and caused me great difficulty by giving me wrong or incomplete information. So it appeared that there were entirely legitimate reasons for disliking her. But instead, I greeted her cordially. I included her in my daily executive staff meetings and consistently treated her with kindness.

After several weeks, she asked to speak with me privately. In light of her earlier treatment of me, she was baffled by my kindness and wanted to know about my religious beliefs. She had noticed that on Wednesdays I always left the office around noon to attend the weekly testimony meeting at my branch Church of Christ, Scientist. I shared a little about the teachings of Christian Science and then handed her a copy of the Christian Science textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy, that I always had on my desk.

Several weeks later, she asked to speak with me again. She said that her life had been changed. Her attitude toward everyone had changed completely. In her work, she was the picture of warmth and good cheer. She became a “mother” to my senior staff, and my fellow executives noticed the change. When she retired, my office gave her a heartfelt, affectionate send-off. In the context of what I saw as my healing ministry, I was very grateful to have been able to help her find her own spiritual path.

According to the Gospel of John, Jesus’ last recorded prayer before his betrayal and arrest included these words: “I have manifested thy name unto the men which thou gavest me out of the world: thine they were, and thou gavest them me; and they have kept thy word” (17:6). As Jesus thanked God for those whom God had sent to him, we can embrace similar opportunities.

We can see the relationships in our lives as a ministry—an invitation to witness the nature of God manifested in our thoughts of and interactions with others.

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PRAYING FOR THE WORLD

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## Prayer that heals divisiveness

*I have newfound hope that, with steadfast prayers from every one of us, intense political division can be healed.*

*Inge Schmidt*

**Talking about politics used** to be considered taboo—not appropriate for polite society. Today, though, political beliefs are often freely—and loudly—shared as tensions continue to escalate in the United States and around the world. Asking “What are your politics?” no longer launches a healthy and active civic debate. Instead, intense partisanship has emerged as a form of “us versus them” tribalism.

Mary Baker Eddy, the Discoverer of Christian Science, had a radically different response: “I am asked, ‘What are your politics?’ I have none, in reality, other than to help support a righteous government; to love God supremely, and my neighbor as myself” (*The First Church of Christ, Scientist, and Miscellany*, p. 276). As someone who has always had an interest in government, I’ve thought about her words often.

Loving as Jesus taught is what heals the entrenched vitriol of partisanship.

Was Eddy being naïve about politics or endorsing apathy in response to political matters? I don’t think so. As a citizen of the US in the 19th century, she opposed slavery and supported the temperance movement, and her writings include prayers about various world events such as wars and the passing of national and world leaders. Nor was she oblivious to the nastiness and division that politics can bring out in society: The

post-Civil War era was not a time of harmony and agreement.

Eddy didn’t appear to be suggesting a disconnect from social and civic affairs, but a fundamentally distinct way of orienting and identifying ourselves as citizens who are also spiritual thinkers. Her response inspires an engagement driven not by party affiliation or institutions but by God, divine Principle. At the heart of true government are spiritual qualities and ideals—such as service, unselfishness, compassion, equality, justice, and safety—which supersede political debates and transcend policy differences. They are universal attributes of Principle that are innate in every individual, each of whom is created by God.

To me, having no politics means refusing to see my fellow citizens, regardless of their politics, as separate from or opposed to these God-given qualities and ideals. This sentiment has roots in Christ Jesus’ teachings: When Jesus cited the importance of the commandment to love “thy neighbour as thyself,” a lawyer asked him, “Who is my neighbour?” (see Luke 10:26–37). I imagine the lawyer was feeling pretty smug at this moment. “Surely,” he might have been thinking, “there are some people who don’t deserve my love.”

I’ll admit to moments when I’ve felt like that. But in the parable of the good Samaritan that followed, Jesus rebuked self-righteousness, self-justification, and hostility. We are not to be like those in the story who were so bound to their doctrines that they coldly passed by a man in need. Rather, we are to model our actions after those of the Samaritan—the individual most likely to have been excluded by the lawyer—and to embrace everyone with love, compassion, and care.

To be honest, as I’ve read the news each day, I’ve been tempted to doubt the relevance of Jesus’ and Eddy’s teachings about this. Are they actually practical today? Is it really reasonable to love our neighbors—all of them, all the time? Then I had an experience that made clear to me the answer to this question: It’s not only possible, but *necessary*. Indeed, loving as Jesus taught is what heals the entrenched vitriol of partisanship that is clamoring for our attention.

I boarded my retired horse at a farm ten minutes from my home. One day last fall, I learned that town officials had voted to abandon maintenance of the road where the barn was located. The implications were huge: Landowners would lose significant property value, as the road would become impassable—both for the public and for emergency services. This vote had been taken without any advance notice to the property owners. A sense of panic was palpable among the neighbors, and heated opposition was being organized for the next evening's town meeting.

As the day went on, I found myself increasingly indignant about the situation, especially the possibly questionable motives of the mayor and trustees. And the next morning, as I began to pray before going about my day, those thoughts came flooding back in. At that point, however, I stopped in my mental tracks. "Wait a minute," I thought. "I know something about God's goodness and grace—and about man's honesty and integrity as God's image and likeness. What am I doing?" To me, this was the influence of Christ, the true idea of God—divine Love—which speaks to each of us in ways we can understand (see Eddy's primary work, *Science and Health with Key to the Scriptures*, p. 332).

Instead of going along with the mental currents of hopelessness, division, and animosity, I stood with divine Principle. I considered the motives that might have led the town officers into public service, such as love for their community. And I reasoned that God's goodness wasn't a limited pie to be divided up, inevitably leaving some without what they need. God is infinite good, so no one can be cut off from goodness, progress, or safety.

I resolved to attend the meeting as a witness to God's universal government and trust that only decisions that reflected the integrity of Principle could stand. Like Gamaliel in the Bible, I could trust that "if this counsel or this work be of men, it will come to nought: but if it be of God, ye cannot overthrow it" (Acts 5:38, 39).

Though many attended the meeting, few were offered an opportunity to speak, which didn't inspire confidence. But I remained steadfast in prayer, affirming that we were all united in our love for

community, and that good, right ideas can't be in opposition. Later that evening, I felt impelled to email the mayor and trustees to share my appreciation for them and to let them know how much I valued this neighborhood and its properties.

I saw how easily I had unconsciously drifted along with a repetitive, divisive view of others.

I went to bed with a sense of peace—and woke up to multiple emails in response, including one from the mayor. He assured me that they were reconsidering this decision and that he was confident of a course change. At the next meeting, the decision to abandon the road was unanimously reversed—something I had been told was impossible because of certain trustees' prior positions. Moreover, the mayor publicly admitted that they had been wrong and humbly apologized.

I was, of course, grateful for the reversal of an unjust decision. But even more meaningful to me was the lesson I learned about politics. Through this experience, I saw that any apparently unresolvable situation was in fact a mesmeric, mistaken sense of things. I saw how easily I had unconsciously drifted along with a divisive view of my fellow beings. And I saw how quickly and effectively divine Principle, Love, could jolt me awake to see what was really going on spiritually.

As I continue to think about national and international events, my prayers have found new traction. My conviction has grown that, regarding politics, I can, in fact, "have none"—that I can refuse to go along with the notion that any citizen of the world is inherently hateful toward me or anyone else because of differences in viewpoints, background, race, etc. I have newfound hope that, with steadfast prayers from every one of us, intense political division—and any so-called intractable issues that inflame this division—can be healed.

## Walking in the light of dawn, Daytona Beach Shores, Florida

*Photograph by Peter Anderson*

*Walk in the light, and thou shalt own  
Thy darkness past away,  
Because that light on thee hath shone  
In which is perfect day.*

—**Bernard Barton, alt., *Christian Science Hymnal*, No. 367**

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### **New Bible Collections posted on JSH-Online.com**

Two new article sets, focused on the kingdom of heaven and God's love, were recently published on our site. "Exploring the Bible" collections are curated to support deep engagement with the Scriptures. Each digital collection is composed of specially chosen articles that focus on the spiritual inspiration Mrs. Eddy urges on Bible students. Find them at [jsh.christianscience.com/collections](http://jsh.christianscience.com/collections).

## Weekly updates: March 2, 2026

### **Two new Concord features**

Concord recently released two transformative features to enhance your study of Christian Science.

The complete audiobook of *Science and Health with Key to the Scriptures* by Mary Baker Eddy is now available in Concord, exclusively for paid subscribers. This audio uses the same recording currently available for purchase on CD in your local Christian Science Reading Room or on the Christian Science Online Shop. The same audio is still available for free as a continuous stream on [christianscience.com](http://christianscience.com).

A major update of the list panel has introduced List Sections, transforming how users can navigate and organize citations. This new feature enables all Concord users to create custom sections within lists, making it

## Your secret place

*Elsa Dardie S. Dunlap*

No matter where you are,  
you can always claim  
your secret place with God.

Psalm 91 promises you are safe,  
protected:

"He that dwelleth  
in the secret place of the most High  
shall abide under the shadow of the Almighty."

Like the still, small voice  
Elijah heard,  
this secret place  
is in your consciousness,  
ever available,  
especially in the busy places—  
congested cities  
with honking taxi cabs  
and loud chatter,  
crowded airports,

speeding cars on freeways,  
packed-stadium sports events.

Embraced in the kingdom of heaven,  
you are free of “the noisome pestilence.”

Your secret place remains.

Panic and stress

drop away.

No matter the circumstance,

stay in the secret place.

There you find peace—

the surety

that God is in control.

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## YOUTH

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# When we found ourselves in the middle of a protest

*Anna Paulson*

**Last summer**, I traveled to Kenya with a group of other young Christian Scientists.

Our group worked diligently to prepare for the trip. We held fundraisers to make the journey possible, but more importantly, we spent time in prayer and spiritual study, grounding our purpose and motives for the trip in God, who is divine Love.

The theme for our trip was a statement from *Science and Health with Key to the Scriptures* by Mary Baker Eddy: “Giving does not impoverish us in the service of our Maker, neither does withholding enrich us” (p. 79).

I carried this idea with me throughout the trip, especially when we went to serve at a local school in Migori, a rural area.

When we first arrived in Kenya, everything went smoothly. We were joyfully shopping in the capital for games and gifts. But not long after that, civil unrest broke out. Protests erupted across the city. The

parliament building was set on fire, and the streets were filled with angry crowds shouting at foreigners and anyone they perceived as having opposing views. It was intense and scary.

Fortunately, our travel plans had us leaving for Migori. But we found that protests were happening there as well. Our chaperones hired police and private escorts, and we often traveled early in the morning before protests started for the day. We also had a local guide we felt safe with. But at one point, some protesters circled our vehicles—jumping on the sides of the vans, yelling harsh things, and pressing their faces and hands against the windows.

Despite the chaos around us, though, something remarkable happened within our group. There was a tangible stillness inside the van. The students, our trip leaders, and a Christian Science practitioner who was accompanying us all turned to God, united in the truth that God’s presence was surrounding and protecting us. We began to sing hymns from the *Christian Science Hymnal*. One hymn stood out to me. The opening verse says,

The storm may roar without me,  
My heart may low be laid;  
But God is round about me,  
And can I be dismayed?

(Anna L. Waring, alt., No. 148)

This line especially stayed with me: “God is round about me.” At that moment, I felt that it was more than just a comforting idea; I knew it was a spiritual fact. No disturbance can touch the peace that comes from divine Love.

As we continued driving through the streets, my perception began to shift. Instead of focusing on fear, I started to see the good around us: a little girl playing with a cat, a man happily strumming his guitar, a family sharing their food by the roadside. The more I looked, the more I realized that good was all around us. It had never left; it had just momentarily been hidden by fear.

Through practicing Christian Science, I have learned to look beyond the picture in front of me and behold the spiritual reality or truth—God’s harmonious creation. That day, I saw clearly that divine Love was present and active, even in what seemed like a dangerous situation. God, our ever-present help in trouble, was truly our protector and guide.

As we continued to sing and remain steadfast in that spiritual awareness, the atmosphere around us changed. The crowds began to part. People stepped away from our bus. The shouting quieted. And we were allowed to pass peacefully.

This experience reminded me of the importance of holding to spiritual truth, even when circumstances appear scary or disorderly. God’s presence is not theoretical; it’s real, powerful, and always with us. And, as Mrs. Eddy wrote, “Divine Love always has met and always will meet every human need” (*Science and Health*, p. 494).

Love really did uphold and protect us all—and I know it always will.

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## God was keeping us safe

*Eli*

**My mom wanted** to take me onto Lake Michigan in a kayak because she thought it would be fun.

At first, I was afraid and did not want to go. Then I thought about God, who is good, and I knew God would keep me safe. So I got into the kayak and helped my mom paddle around.

As we went further out onto the lake, the waves got pretty big. The high waves made me think of when Jesus was on a boat during a storm and said to the sea, “Peace, be still” (Mark 4:39). He knew that God was there. Then, the waves were calm, and everyone on the ship was safe.

I asked my mom if she wanted the waves to get smaller. She said yes, so I said out loud, “Peace, be still!”

The waves were better after that, and it was easier for my mom to paddle. Then the waves got bigger again. I prayed in my thoughts, “Peace, be still.” I had faith that God was keeping us safe.

We made it back to shore and were OK. After that, I felt very good about kayaking.

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### TESTIMONIES OF HEALING

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## Reading *Science and Health* healed me

*Vasti Alves de Oliveira*

Originally published in Portuguese

**When I first learned** about Christian Science, a practitioner of this religion told me that the essence of this Science is that God is perfect and that man, as God’s reflection, is therefore perfect. I later discovered that the basis for this statement was found in the book *Science and Health with Key to the Scriptures* by Mary Baker Eddy: “The Christlike understanding of scientific being and divine healing includes a perfect Principle and idea,—perfect God and perfect man,—as the basis of thought and demonstration” (p. 259).

I saw no perfection in myself, but the Christian Science practitioner with whom I was in touch spoke with such conviction that I decided to examine the subject carefully.

I began to explore *Science and Health*. I read every explanation it gave of the correlative Bible texts in each section of the Bible Lesson found in the *Christian Science Quarterly*. I did this research for quite some time and never found any contradiction.

I continued reading *Science and Health* and learned that everyone is a child of God, made in God’s image and

likeness, truly good and innocent. What a magnificent spiritual fact! I also learned to have confidence in God instead of listening to thoughts of fear.

It was an extraordinary surprise for me to find out that prayer in Christian Science brought healing. This was wonderful! From then on I directed my confidence toward spiritual healing, and I obtained good results right from the start of my study: I was free from seasickness when traveling on ships or boats, and I never again had menstrual cramps. When a rusty nail went into my little daughter's foot, I immediately prayed and comforted her. I washed her foot with soap and water and remained calm, without fear. Her foot healed normally, without any discomfort. She had no inflammation or adverse reaction from the incident.

Even more fascinating to me was that I no longer believed in the widely held belief of an actual place called hell. This teaching had seemed cruel—I felt neither loved nor protected; I only felt fear. The concept of God as infinite Love—which I was acquiring—opened my eyes to begin to accept only justice and goodness as reality.

As for those who still believe that God created hell for the eternal punishment of men, I agree with the prophecy made by Mrs. Eddy, “The time is not distant when the ordinary theological views of atonement will undergo a great change,—a change as radical as that which has come over popular opinions in regard to predestination and future punishment” (*Science and Health*, p. 24).

I am enormously grateful to God for guiding me along this path of light, Christian Science, which purifies my thoughts day by day so that I may accept more of the love that is provided in abundance for me and for all.

I am also grateful for the branch churches of The Mother Church and for the Christian Science practitioners who are present to welcome and support seekers of the Truth that loves, nourishes, and saves.

**Vasti Alves de Oliveira**

*Rio de Janeiro, Rio de Janeiro, Brazil*

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## Home and citizenship: Never in limbo

*Polly Kimani*

**Finally, the long-awaited** citizenship interview was over and done with! Due to changes in the immigration system, the time between applying for United States citizenship and receiving a notice scheduling an interview had been quite long. What I could not imagine was that the part of the process that followed the interview would end up taking even longer.

Since submitting my application, I had been focusing my thoughts on God, Spirit, and His care for His children. I was listening to know what I needed to learn, and what Spirit was revealing to me, about my real home and citizenship. I held to the truth that we are all God's children and that our true home and citizenship are spiritual and are in God's kingdom.

After the interview, the final step was to attend the oath ceremony. Prior to the changes mentioned earlier, the notice giving the date, location, and time of this event would have been sent within 24 hours of the interview. But 24 hours came and went, followed by days, weeks, and then months without my hearing anything. All this time, I was praying diligently. It was especially difficult not to feel that I was in limbo or that most of my activities were hampered or delayed by this situation.

I could not make any travel plans, especially outside the US. Also, I was selling my house and planning to move to a different state. But if I moved before finalizing my citizenship, I would have to notify the immigration office of my new address, which could upset the whole process, potentially delaying the final stage even further.

I prayed with this passage from the Bible: “Ye shall not need to fight in this battle: set yourselves, stand ye still, and see the salvation of the Lord with you: . . . fear not, nor be dismayed” (II Chronicles 20:17). I found this comforting and strengthening. I needed this assurance that, no matter how the situation appeared from a human standpoint, the battle was not mine; God is in control of my life—and everyone’s.

The next time I checked the immigration office’s website, it was encouraging to see that the wait time for the oath ceremony had improved significantly. It continued to do so over the next several days—until it was suddenly moved two months back again. This is when I knew I had to address this issue with more dedicated prayer. I remember saying out loud, “Enough is enough! Uncertainty and fear do not control my life. My Father-Mother God does!”

I contacted a Christian Science practitioner and asked her to pray and to support my prayers. She immediately responded, “Happy to pray! There is no limbo.” She proceeded to affirm with authority the spiritual truth that no matter what the situation appeared to be, there is only one Mind, God, and this Mind is omni-action. This meant, she said, that there could not be any delay or interference in God’s action. She further reminded me that God, good, governs all creation and systems, including the immigration system, and that the unfolding of God’s activities goes on without difficulty.

After receiving this communication from the practitioner, I was at peace. I felt God’s loving and calm embrace. I knew right then that all was and would be well. A heavy weight had been lifted off my mental shoulders, and I no longer felt alone. All stress simply melted away. I also knew that this healing prayer would benefit not just me but many people all over the world. I prayed to know that everyone could find a secure sense of home wherever they were.

The following day, I checked my email, and there it was—a notice with the date and time of my oath ceremony! It was to be held in about three weeks. Filled with awe, I had to pause to let everything sink in. Tears of joy and gratitude followed. I emailed the practitioner the good

news, and we both rejoiced and proclaimed how good God is.

On the day of the ceremony, I received a sweet message from the practitioner assuring me that she was supporting me. My daughter and her friend came to rejoice with me. There were so many people from all over the world who would be joining me in becoming a US citizen. Everyone was beaming at one another. I felt God’s presence and remember thinking to myself, “Truly, God is in this room, and whether everyone realizes it or not, this ceremony is a celebration, a sense of homecoming, for all of us.”

Another realization came to me that this activity was not happening just in that spot or even just in the US. There were many similar homecomings going on for new citizens in countries all over the world. This reminded me of the higher, spiritual view of home as finding our “home and heav’nly rest,” as Mrs. Eddy wrote in her poem “Mother’s Evening Prayer” (*Poems*, p. 5) and as captured by these sweet words from a hymn describing home as “God’s daily, hourly gift of grace” (Rosemary C. Cobham, *Christian Science Hymnal: Hymns 430–603*, Hymn 497).

After the ceremony, I humbly gave gratitude to God. I expressed gratitude for the healing mission of Christ Jesus and for the gift of Christian Science, which reveals to us the understanding of everyone’s true, spiritual citizenship and the freedom that comes with this understanding. I also thanked God for the work of Christian Science practitioners, who so selflessly make themselves available to pray whenever needed.

My uncertainty about whether to move to a different state evaporated and was replaced with such a clear sense of home that I was completely content remaining in the state where I already lived.

It’s a joy to know that Christianly scientific prayer, whenever and wherever it is offered, embraces and blesses all. What a blessing it was to have been given this opportunity to prove God’s love for His universal family.

**Polly Kimani**

## Yielding to God's power dissolves bump

*John Challenger*

As a Christian Science nurse, I pray daily, acknowledging myself, my colleagues, and the patients I work with as the image and likeness of God (see Genesis 1:26, 27). Because each one of us reflects the qualities of our creator, divine Spirit, we are, in reality, spiritual, perfect, and complete, just as God is.

Last year, I became aware of an unusual bump on my wrist. Though it didn't affect my work, I still wanted to heal it and was determined to do so by praying about it on my own. But over the next few months, there was no change.

When I shared my concern about this with my mother, she reminded me that Mary Baker Eddy makes this recommendation in the Christian Science textbook: "If students do not readily heal themselves, they should early call an experienced Christian Scientist to aid them. If they are unwilling to do this for themselves, they need only to know that error cannot produce this unnatural reluctance" (*Science and Health with Key to the Scriptures*, p. 420).

Around this time, I was also trying to overcome a hesitancy to ask my colleagues for assistance when working with patients. So, heeding my mother's advice, I reached out to a Christian Science practitioner to pray with me about both issues. We talked about the qualities that I naturally express as God's spiritual reflection, including health and humility.

I was particularly intrigued by an article I read in *The Christian Science Journal*, "Spirit, not matter, is substance" (Ralph E. Wagers, April 1969). It further clarified my understanding of man's wholeness as the

reflection of Spirit. Over the next few days, I thought deeply about what it means to live in a spiritual universe filled with indestructible ideas of the infinite Mind, God.

The next week, I visited Yosemite National Park in California. The natural beauty I saw there reminded me of the spiritual truths I had read in the article. Being so aware of God's qualities expressed in nature was the turning point. All concern about my body completely left me. During one hike to see a waterfall, I happened to glance at my wrist and noticed that it was smooth, with no trace of the bump that had been there for months. I was overjoyed and very grateful for this healing.

I realized that in my initial prayers, I'd taken a willful stance that I should be able to heal the problem without help. I was focused on what I thought I should be able to demonstrate as a good metaphysician and a Christian Science nurse. I was caught up in a personal sense of self. But when I got myself out of the way and humbly yielded my will to God's, I was better able to behold the spiritual universe of His creating, and this led to healing.

**John Challenger**

*Irvine, California, US*

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## Letters & Conversations

*Sandra Saenz, H. Renee Norsworthy*

> Michele Newport, "We can pray about 'aging church' concerns," *Sentinel*, February 2, 2026

What an important and timely article on "aging church" concerns, which are just repetitive false thoughts. Age and time are not factors when it comes to our spiritual

development and our connection to our divine source. As long as we focus on God's law of progress, time issues or age concerns cannot affect our experience. Thank you for the catalyst to entertain these ideas, which shift our experience and show results immediately.

**Sandra Saenz**, *San Diego, California, US*

## >Kim Crooks Korinek, “Bringing peace to our cities through wisdom and love,” *Sentinel*, January 26, 2026

Thank you for this wonderful article, which elaborates on the concept found in the Bible verse “We wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places” (Ephesians 6:12).

The ideas in this article help with the daily practice of standing as sentinels of Truth and not consumers of divisive news or viewpoints. It reminds me to start prayer, conversations, and news-watching with the perfection of God's man, including all, without exception.

**H. Renee Norsworthy**, *El Paso, Texas, US*

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